wheat fields.

satisfactory at and near Suria, but

thorough investigation must b

made at Cardona and Callus, nearly

midway between which Suria is situ.

The potash now used in Spain must

be imported at prices over which the

buyer has no control. Consumers of

potash in Spain are urged to free

themselves of this dependence. It

is thought that Spanish potash can

be put on the market at much lower

figures than those now quoted for

the imported article. The consump-

tion is growing rapidly in Spain

where the potash is extensively used

in the olive groves, vineyards and

There will be some difficulty in ar-

riving at an accurate estimate as to

the extent of the potash beds, be-

cause the salt does not lie in a regu-

lar basin, as in upper Alsace and at

Strassfurt, Germany. Borings will

have to be made with expert knowl-

edge of the geological formation of

the country under consideration. A

Spanish mining engineer has stated

that an appreciable amount of capi-

tal will be required to make the nec-

essary survey in Cataluna, but that

the chances for finding potash in re-

munerative quantity are favorable.

FOR THE CIRCULATION

To execise properly the worker

must arise half an hour earlier than

usual. This may seem hard at first,

but the benefit derived from this

half an hour of early morning exer-

cise will repay one for any incon-

veniences. Fifteen minutes should be

devoted to physical culture exercises

in front of an open window imme-

diately after arising. They should be

simple in character their object being

to start the circulation. Deep breath-

ing should form a good part of these

Of course, a warm wrapper should

be thrown over the nightgown in or-

der to protect one from the cold air.

With the circulation started in this

way, go to the bathroom, which

should be warm, and there rub the

body vigorously with a rough Turk-

ish towel. This will start the blood

rushing into the body until one glows

all over. After rubbing for five min-

utes, jump into a cold tub. If you are

not used to taking a cold bath each

morning, begin now to accustom

yourself to this sort of treatment. It

is one of the surest ways of wading

off colds. The first time you take

a cold tub, have the water tepid, the

next morning a trifle colder, and so,

on each day until you are able to

take an entire cold bath. In the

middle of winter take the chill off the

water by allowing a small portion of

If you de not react from the shock

of this cold plunge, then the cold dip

hot water to run in with the cold.

early morning exercises.

EARLY CHRISTMAS BUYING

Christmas is supposed to be a time of "peace on earth, good will to men. In actual practice, the holiday period is one of misery, nerve strain, headaches and weary limbs to many thousands of people. It is not possible for human beings to do a month's work in a week.

It is a bit of folly for every one to try to do a certain thing all at once. There are of course many people who never see an unmortgaged dollar in their purse. They may perhaps not he able to buy Christmas gifts ahead of the g and scrimmage. But the majority are not thus up against the wall. They could just as well start out tomorrow, make all Christmas purchases within a day or two, mail or express their presents at once, and distribute the business evenly over the period remaining before the holi-

People ought to see the necessity of early Christmas buying, even if they personally live out of sight of the rush. In the country store, there may not be much more congestion of business than at other times. But country people send away millions of packages, and usually send them all in a bear. They add their share to the mountains of express and mail mamer which have to be handled by uransportation companies and centers of population.

Early Christmas buying is economically better. Purchasers get cleaner goods, and pick from larger assortments. If the public wafts until the week before Christmas, merchants and transportation companies have to hire extra people, which makes the cost of their service higher. In the end, all such charges are always paid by the public.

No task is economical and efficient where the workers are driven and harassed by the work coming all in a heap. The loss in human friction and strain comes high, and the people pay it all in the end.

READING POETRY

A dispatch from Williamstown, Mass., tells how President Wilson was entertained on Thanksgiving day at the home of his daughter, Mrs. F. B. Sayre. The President after climb ing a mountain, sat in front of the fire on the hearth and read poetry to the party of relatives. It was an idyllic scene, and an appropriate Thanksgiving morning. One sus pects, however, that the nutber of men in the country who also spent an hour reading poetry was not

Among women the love for poetry is probably as strong as ever. The newspapers print more verses than ever. The bulk of them are lame of meter and slow in sentiment. But to some extent they satisfy the human need for other thoughts than

of supporting a family. Many fluttering hearts bring poetry to the newspaper office when they might much better have spent the time making bread.

Perhaps the reason why men do not read poetry more is that the key note of the day is achievement. Men like to read accounts of big things done, the digging of a Panama canal, the strategy of a war, the accomplishment of business success. Competition is the keynote of mascu-

The poetic muse travels a different path. She seeks for quiet spaces, to meditate on the inner meanings of life. Competition of markets and strife of dollars to her mind are illusions. She seeks beauty rather than power.

Such men as are fond of poetry are the better for it. The mind that runs along only one groove becomes dull, even for the ends which it cherishes.

No doubt President Wilson returns to Washington better fitted for political battle than if he had spent his poetry morning reading government reports.

TOWN HARMONY

One of the great problems which every moment for civic advance has to meet, is that of lining up all elements for team work. Harmonious cooperation of all interests is nec-

A great many communities are cursed by petty jealousies. Their power for mischief affects every public enterprise. If one man starts a movement, all the people who do not like him begin to throw cold water. They make sarcastic remarks about his project. The result is that peo-

ple feel disinclined to take hold and push, for fear lest they make themselves ridiculous.

It is difficult to promote public objects under the most favorable conditions. The moment that people let personal feeling enter in, it becomes impossible to get unity of action. One set of people will try one thing, only to see it fail under a wet blanket of ironical skepticism. They feel disgusted, and the next time any one else starts anything, they in turn stand back and jeer.

The practical outcome is that every one feels afraid of starting any new movement, for fear of becoming ridiculous. It is easier to stand on one side and make superior remarks about the poor judgment of your neighbors than to take hold and push. Civic sentiment dissipates, and the town growth languishes.

Is there anything of that spirit here? Most towns have something of it, and some have far more than others. In so far as it exists, people should get over it. They must pull together, ignoring personal differences, if they want Logan to advance in population and public ad-

THE PROGRESSIVE CONFERENCE

Democrats and Republicans alike will find little to their liking in the action of the recent Progressive conference at Chicago, While the con ference was no tremonduous outpour ing of enthusiasts, and in the main was piloted by men with defeated aspirations, yet there were a number of fragments of truth handed out to the people which it will be well for them to remember. Those who expected the Progressives to put thru a resolution endorsing President Wilson, and paving the way for Governor Johnson of California to run on the ticket with him as candidate for vice president in 1916, were dissappointed. Instead the Progressives passed this pithy morsel of facts which will be sure to leave a bad taste in the mouths of the Demo

The industrial depression and the consequent reaction against the Democratic tariff was undoubtedly the issue which primarily determined the reactionary results of the election.

Another piece of truth which aplies to both parties is the charge that both the Democratic and Republican parties have passed tariffs that the people have successively repudiated. This is the important truth that should be remembered. There is no question but that the Payne Aldrich tariff defeated the Republican party, and there is no ques tion but that it was the Wilson-Underwood tariff that caused such a change of sentiment in the election just passed. There is no question but that the people of the United States, a great majority of them, are protectionists and therein lies the basis of the work that must be done during the next two years. Shall two parties that believe in protection to American industries continue to work separate and apart, and permit a party that believes in free trade to administer the affairs of the government? Or will the two wings of the party get together and instead of fighting each other, make warfare on the common enemy? There is no disputing the fact but that the tariff question has uprooted both parties. There is no disputing the fact that what the people want is a common ground tariff administered by a union of all the forces who believe in protection to American industries.

THE MAN WHO IS ON THE SQUARE

I care not a shuck for a man't nationality, nor his political opinion; nor his mode of worship; they are all the same to me; but the man who is "on the square" is the man I want to take by the hand, and go through life with as a friend. Nor can we stop with the individual or corporation. Empires and nations are today as never before on the basis of the square deal.

Our nation is influenced by the action of another nation, which have this effect on every citizen. A square dealing nation makes a square dealing citizen; a square dealing jobber tends to make a square dealing retailer, and in turn the influence of the square dealing retailer produces an effect upon the lives of every patron with whom he comes in contact. We cannot too keenly realize the etfect and importance of a square deal. -Jos. W. Bragdon.

CAPT VON MUELLER VERY HUMOROUS

When Seeking Prizes Would Ask in English, "Have You Seen the German Cruiser Emden?"

San Franciseco, Dec. 2-The reck ess daring and fronte courtesy of Captain von Mueller of the German cruiser Emden, lately destroyed by an Australian warship, after one of the most brilliant careers recorded in the annals of the sea, are illustrated in anecdotes brought home to day by Capt. Phillips of the Standard Oil tanker Wabasha which narrowly missed capture by the Emden in the straits of Malacca. The Wa bash flies the British flag.

When seeking prizes the Emden would ask in English:

"Have you seen the German cruiser Emden.'

"No," would come the answer, disclosing the proximity of a merchant

"Thank you," would be von Mueller's reply. "We'll be alongside directly. Prepare for the worst."

While Capt. Phillips was at Calcutta the tale was told on the quays of how von Mueller had nearly succeeded in beguiling the commandant there into furnishing him with sup-

"This is the British cruiser Hampshire," came a code message from the mouth of the Hoogli river. "Send us coal and provisions."

A barge was actually loaded and dispatched, Capt. Phillips was told and would have been delivered but for the arrival of an Italian merchantman which sighted the Emden and brought word of von Mueller's

"Thank you for your courtesy," he flashed back, and when he learned that his ruse had been uncovered Hope to meet you later. Have the beer ready."

NO AMALGAMATION

FOR PROGRESSIVES

Chicago, Dec. 2.-Reports of a possible amalgamation of the Pro gressive party with either the Republican or Democratic party were characterized as "idle fancies" and reports that disbandment of the Progressive party was a possibility were equally ridiculed by members of the Progressive party executive committee who held a conference here to-

Party leaders from 32 states who attended the conference showed no outward lack of enthusiasm for their party when state chairman told of conditions in their states. George W. Perkins of New York, chairman of the committee, presided. After these that politively no mark or message talks it was the intention of the com- of any description is permitted mittee to go into executive session. Members of the committee who

George W. Perkins, New York; William Flinn, Pennsylvania; Walter F. Brown, Ohio, and Jane Ad-Among the other prominent leaders in attendance were E. A. Van Valkenburg., Philadelphia; Senator Moses E. Clapp, Minnesota; Hugh H. Halbert, St. Paul, Gifford Pinchot, Pennsylvania; Charles M. Thomson, Chicago; Raymond Robins, Chicago; Charles E. Burbank, Massachusetts: William Allen White, Kansas; Victor,

Murdock, Kansas; James R. Gar-

field, Ohio and Frank H. Funk of

were present were:

Illinois. SOUPS A MEANS OF ECONOMY The cost of living can be reduced with little effort if only American women will realize the economy of soups. Never throw food away, no matter how small the amount. Save it for soup. Save also all drippings and bones, all water in which vegetables have been boiled and put aside for the soup. Add a little barley or taploca balls soaked over night to the clear stock, a little celery seed, a dash of paprika, salt and pepper, and

simmer. Never boll soup. Sometimes you will want a clear soup. Take broth from the pot roast, and for soup for the next day add noodles. There are many ways to cook these soups at little or no expense, but the best way is to use data gathered that the potash beds your leftovers and experiment in combining ingredients, and you will soon be an expert at soup making.

The want ads come very near to the people. They reflect the intimate life of all of us. They form a directory of our personal and business needs. Is this not so?

Belgian Sharpshooters In Action On the Sand Dunes of Flanders.



Photo copyright, 1914, by American Press Association.

This picture shows an interesting side light of the sharpshooting efforts of the Belgian soldiers on the sand dunes of Flanders. These two crack riflemen made a fort out of this odd shaped tree. The one at the top found a natural platform to stand on, while the branches unde perfect concealment. The soldier at the foot of the tree fired through the heavy underbrush.

'Merry Christmas' Wish Is Taboo on Gifts to Belgains

Spanish Potash Deposits

Spain where marked traces of potas- ably beyond the confines mentioned.

sium salts have been found. For Thus far the prospecting has been

New York, Dec. 2.-Not even the All of those who remain belong to words "Merry Christmas" may be written on packages of supplies sent to the starving Belgians.

The American commission for relief in Belgium announced today that the placing by donors of an inscription of any sort inside or outside the package might subject the entire consignment to confiscation by officials suspicious of a military code mes-

The prohibition extends to expres sions of sympathy and even initials of senders. Private marks or tags are equally objectionable. The neu trality conditions under which goods go from Rotterdam into Belgium are which German officials could object.

Dendermonde Destitute

London, Dec. 2.-Herbert Clark Hoover, chairman of the American relief committee, today received from dams and Medill McCormick, Illinois. the municipal authorities of Dendermonde a letter which is typical of the many pathetic requests for relief for which come to the committee daily from Belgium. In this letter it is said that 1200 houses in Dendermonde have been destroyed and that the population of the city has o Christianity and humane compasbeen reduced from 10,000 to 4,000. sion I make this appeal."

that up to the present potash has

not been extracted in Spain in com-

mercial quantities. It has been prov-

ed, however, that potash does exist

near Barcelona, that it is fairly am-

enable to refining, and that the de-

posits may become a basis of a

world trade, with Barcelona as an ex-

port center. Examination and tests

thus far have indicated only enough

potash for consumption in Spain, but

they have been so limited that it is

impossible to estimate the quantity

and grade of the deposits and the dif-

ficulties that may have to be under-

It is presumed from the varied

are extensive and rich and likely to

have an important bearing on agri-

culture and certain highly important

manufacturing industries, both in the

peninsular and abroad. What is now

needed is a scientific and extensive

survey of the regions in that part of

taken in mining for this salt.

the working class, and as they have no means of obtaining amployment they are absolutely destitute.

"We have nothing here," says the letter. 'Our greatest needs are few food, beeds, clothing and coal."

Appeals to Cardinal Gibbons

Baltimore, Dec. 2.-Cardinal Gib bone today received a cablegram from Sir Gilbert Parker, the distinguished English novelist at Maastricht, Holland, appealing to the cardinal to assist the American commission for Belgian relief in their "stag-

land," the message adds. "Many towns and cities are absolutely destroyed. Countless homes are stones and ashes. Hundreds of thousands, lack food and clothes. They ask for bread and salt no more, as it is not forthcoming. The commission asks for half of a soldier's ration for each, starving Belgian.

"In your land of plenty there are millions who would give if they knew. Will your eminence not help to make them know? In the name

beds of potassium salts exist are

chiefly in the two provinces of Bar-

celona and Lerida, particularly in

the latter near the towns of Suria

and Cardona on the Cardoner river.

At present, concessions do not go

beyond Solsons on the north and the

towns of Tarrega, Servera and Man-

resa on the south, the entire district

being practically confined between

the Segre and Llobregat rivers. In

this delimited region a number of

these claims for mining concessions

has been made on lands where there

is no conclusive proof that potash

exists in commercial quantities, al-

though it is possible that these lands

contain potash and that the potash

producing area may extend consider-

is not for you. If you become chilled and your lips of a bluish tinge, you may be sure that your system does "Here I watch penniless, homeless Contine the rubbing with the rough

> chest only with dashes of cold wa-After a substantial breakfast devote fifteen minues to walking before going to the office. When the day's work is over, walk part of the way home, at least a mile, which is

> towel and be content to bathe the

NOVELTIES IN HAT ORNAMENTS

equivalent to eight city blocks.

Feather fancies, which are one of the most prominent features of millinery for the season are sown in great variety. One style imitates remarkable well luxurious mounts of aigrettes and paradise feathers. The glycerine treated ostrich is a favor-Consul General Hurst writes from local consumption it is now probably ite, and imitation aigrettes are fin-Barcelona, under date of October 6, possible to put certain quantities of ished with tassel of ostrich shower potash on the market. As an article pompons with curled or twisted feathfor export in regular and unfailing er flues. These are favored in shades shipments, present indications do not of French blue, gray and a rich shade point to a definite or even early con of pink. The later color is particularly popular worn on black velvet The tracts in Cataluna in which

A model in a black velevet sailor had a novel trimming in a metallic tringe of lavender color, and had a large metal rose on the brim. Hats are more quite in color and shape of novelty is largely in the trimming.

COVERS FOR SCHOOL BOOKS

Good looking school book covers can be made of crash or of a rather coarse weave of linen. Ecru is al ways a good color, as it offers a neutral ground for any decoration.

BAKERY HINT

When you bake next time put a wet cloth in the oven when you put the bread in. The crust will not be so brown or hard.